



USA

Gymnastics

REGION 4

2025 – 2026

Rules & Policies

Updated June 2025

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Region 4 Administrative Committee

www.Region4Gymnastics.com

<p>RACC Rick Nelson S73W17240 Lake Dr Muskego, WI 53150 Cell 414-698-6257</p> <p>Rick@midwesttwisters.com</p>	<p>RTCC Windee Weiss 721 Union Rd Cedar Falls, IA 50613 Cell 319-230-1122</p> <p>Windee4rtc@gmail.com</p>	<p>RDPCC Paige Roth 2550 Holiday Rd Coralville, IA 52241 Cell 319-530-5317</p> <p>paiger@iowagymnest.com</p>
<p>RXCC Megan Bankole 310 Arrowhead Dr Waukee, IA 50263 Cell 515-669-6556</p> <p>region4xcel@gmail.com</p>	<p>*Region 4 NAWGJ Judging Director Robin Smith rsmithmo@gmail.com</p> <p>* Contracts judges for Regionals but is not a RAC member</p>	<p>SACC – IA Kelly Dornon 6521 Palm Valley Dr Sioux City, IA 51106 Cell 712-253-0546</p> <p>dornonk@gmail.com</p>
<p>SACC – MN Ryan Rohloff 5555 Pioneer Creek Dr Orono, MN 55359 Wk 763-479-3189 Cell 763-439-3000</p> <p>ryan@northshoregym.org www.mnusag.com</p>	<p>SACC – MO Kathy Sanford 3881 W Red Rock Rd Columbia, MO 65202 Wk 573-443-3547 Cell 573-999-6353</p> <p>gymkatsan@aol.com www.mousag.com</p>	<p>SACC – NE Todd Crouse Omaha NE Cell 402-681-4623</p> <p>tcrouse@cox.net www.neusag.wordpress.com</p>
<p>SACC – ND Whitney Beck 2001 17th Ave S Fargo, ND 58103 Wk 701-280-0400 Cell 701-899-8638</p> <p>Whitney@americangoldgymnastics.com www.ndusag.wordpress.com</p>	<p>SACC – SD Audra Rew 515 E 6th Ave Mitchell, SD 57301 Cell 605-770-8454</p> <p>Audra.rew@gmail.com www.sdusagymnastics.com</p>	<p>SACC – WI Kathy Nelson S73W17240 Lake Dr Muskego, WI 53150 Cell 414-698-5265</p> <p>kathy@midwesttwisters.com</p>

Region 4 Administrative Committee (RAC) Structure

Regional Administrative Committee Chairman (RACC)

- Must have served for a minimum of two (2) consecutive years as:
 - State Administrative Committee Chairman, or
 - Regional Administrative Committee Chairman, or
 - A National sub-committee member

Regional Technical Committee Chairman (RTCC)

- The Regional Technical Committee Chairman (RTCC) must be a Brevet or hold a national rating for a minimum of two (2) cycles.

Regional Women's Development Program Committee Chairman (RDPCC)

- Must have coached a gymnast who has qualified to Level 9 or 10 Regionals within the prior or current Olympic cycle and
- Is presently coaching at the Women's Development Program level.
- If a candidate does not meet the above criteria, the Regional Administrative Committee may nominate a candidate with demonstrated ability and suitability for the position.

Regional Xcel Committee Chairman (RXCC)

- The Regional Xcel Committee Chairman (RXCC) must be presently a coach, judge, or administrator in the Xcel program.
- If a candidate does not meet the above criteria, the RAC may nominate a candidate with demonstrated ability and suitability for the position.

7 State Administrative Committee Chairmen (SACC)

Individual from each of the 7 States in Region 4 – IA, MN, MO, ND, NE, SD, WI

- Must have been active within that State's program for a minimum of two (2) consecutive years.
- It is strongly recommended that the candidates have:
 - Financial skills
 - Organizational skills
 - Communication skills
 - Working knowledge of the program
 - Willingness to fulfill the duties and responsibilities of the position

RAC Member Elections

Regional Officers

- Regional Officers - RACC, RTCC, RDPCC, and RXCC shall be elected by a vote of the Women's Program Professional membership within each Region.
- Elections for the RACC will be conducted the year before the Olympic Games.
- Elections for the RTCC, RDPCC, and RXCC will be conducted one (1) year after the Olympic Games.
- They shall serve for four (4) years.
- Elections are to be completed by April 15th and term of office begins July 1st.
- USA Gymnastics will conduct the election and post the results online.

SACC Elections

- SACC shall be elected by the Professional members of the Women's Program in their respective States.
- They shall serve for four (4) years and be elected in the spring on even numbered years.
- Elections to be completed by April 15th; term of office is to begin July 1st.
- USA Gymnastics will conduct the election and post the results online.

RAC Meetings

- The RAC shall have an annual meeting and other meetings as called by the RACC.
 - If a Regional officer or SACC is unable to attend the Regional meeting, the RACC or SAC respectively shall approve a replacement for that meeting from members of the SAC, or a suitable replacement.
 - The proxy has full voice but no voting privileges.
 - In the case of a SACC's replacement, the RACC must be informed of the replacement prior to the meeting.
- Regularly scheduled Region 4 RAC meetings are held at:
 - L8-10 Regional Championships – Thursday evening before day one (1) of competition.
 - Region 4 Congress – Thursday evening before Congress.

RAC Function

- With the help of specialized people, the RAC:
 - Develops gymnastics in the Region.
 - Determines the format and organization of all the designated qualifying events and programs under their jurisdiction within the Region.
 - Supports and attends Regional events. Determines the officials' contractor for Regional events under their jurisdiction.
 - Determines the numbers of judges per panel for Regional meets.
 - Selects judges for Regional meets with the input of State administrative committees.
 - Determines the entry and gate fees for all Regional meets.
 - Determines if/when there will be an Xcel or Level 6,7 8 Regional meet.
 - Determines the format and qualifying score for the Xcel, Level 6,7, or 8 Regional meet.
 - Submit financial reports to the Chief Financial Officer or their designee as directed.
 - In cooperation with the RACC, creates the budget for the Region on a yearly basis.
 - Recommends judges for Dev Nationals and East/West Championships.
 - Annually determines a Regional Dev Program of the Year to be put forward by the RDPCC for Dev National Program of the Year at the spring meeting of the National Dev Committee.

Region 4 Legislation

Region 4 Website - www.Region4Gymnastics.com

- \$595 is allocated for website support annually. Sports Engine will host the site.
- RACC is to contract an administrative assistant at annual compensation of \$1200. Website, minutes, bookkeeping assistant.

- RACC is to contract a Social Media coordinator at annual compensation of \$1200.

State Newsletters and Meeting Agendas

- State newsletters should be sent to RACC, RDPCC, RTCC and RXCC.
- State meeting agendas must be pre-approved by RAC.

States Head Tax

- Region 4 State Meet hosts must pay per athlete Head Tax to Region 4.
 - \$6/ L3-10 Athlete
 - \$6/ Xcel Athlete

Make check payable to: **USA Gymnastics – Region 4**

*Send to: Rick Nelson
 S73W17240 Lake Dr.
 Muskego, WI 53150

- States may appeal to the RAC in the event of extenuating circumstances that may prevent them from paying the Head Tax.
- Payments are due two (2) weeks after completion of State Meet.

State Meets

- State Meets are under the jurisdiction of the SAC.
- Optional State Meet dates outside the approved Regional calendar dates must be approved by RDPCC before being published. Xcel State Meet Dates outside the approved Regional calendar dates must be approved by RXCC before being published
 - Xcel State Meets must be scheduled at least three (3) weeks prior to Xcel Regionals.
- A gymnast who competed in a Dev State or higher competition in the USA Gymnastics membership year (August 1st – July 31st) is not eligible to compete in Xcel State or Regional meets.

Club of the Year

- Each SACC submits its State’s candidate to the RACC at the Regional meeting in March/April. The point system determines the Region 4 Club of the Year.
- Award for Club of the Year is presented during Region 4 Congress.
- Awards are as follows:
 - **Optional Program of the Year**
 - **Compulsory Program of the Year**
 - **Xcel Program of the Year**
 - **Team Sportsman of the Year**
 - Nomination of a member club for sportsmanship
 - **Sportsperson of the Year**
 - A pro-member that has a “Love of the Game”
 - **Judge of the Year**
 - A Judge that goes “Above and Beyond”

Contributor of the Year

- Each SACC submits their State’s nomination for Regional Contributor of the Year to be voted on by the RACC.
- The RAC votes on Regional Contributor of the Year.
- Award for Contributor of the Year is presented by SACC’s during Region 4 Congress.

Region 4 Congress

- In conjunction with USA Gymnastics, Region 4 hosts an annual Regional Congress in June.

Elite Programs

- Athletes who have met their respective Elite Qualifying scores to Winter Cup, American Classic or US Classic receive all Region 4 National Team Apparel excluding GK Leos/Warm-Ups.

Region 4 Championships

Meet Schedule

Level 9-10

- Determined by RDPCC

Level 6-8

- Determined by RDPCC

Xcel

- Determined by RXCC

Region 4 Championship Bids

Year	R4 Xcel Championships	R4 Development Championships (Lv. 6-10)
2027	North Dakota	Missouri
2028	Minnesota	Wisconsin
2029	South Dakota	Nebraska
2030	Missouri	Iowa
2031	Wisconsin	North Dakota
2032	Nebraska	Minnesota
2033	Iowa	South Dakota

- Regional Championships bid **deadline is April 1** for all Regionals to be held **2** years after.
- Bid forms are available on the Regional Website: region4gymnastics.com.
 - If requirements are not met, the bid process will be re-opened to other hosts.
 - **If there are no qualified bids available from the state that is up for rotation by April 1st the bid will open to any and all states until Aug 1st with preference still being given to the state that is up for rotation.**
- Requirements
 - Scoring:
 - The ProScore system with live scoring must be used at all Region 4 Championships.
 - Payments:
 - Electronic payment companies must be used to process athlete entry fee payments; MeetMaker or similar approved processing host.
 - Equipment :
 - Modified non-traditional format
 - Equipment manufacturer for Dev Regionals same as contracted for Dev Nationals.
 - Gym Treasures is the Regional 4 official apparel company, a USA Gymnastics licensed vendor (See section on Region 4 apparel).
- RXCC & RDPCC must approve all Judging-related issues with RTCC.
- Xcel Regional Meet host must be approved by RXCC and will be published in meet information.

Region 4 Championships Meet Format

Level 8, 9 & 10

- Level 9 & 10's must qualify or petition in the AA or as an IES.
 - Modified non-traditional format, bump in warm up on FX – 2 sets of equipment, 1 FX – A & B, (judges move back and forth).
 - Timed warm up -2 minutes per athlete (UB – 2.5 min. for Levels 9 & 10) followed by competition on Side A.
 - Side B begins to warm up when Side A begins competition.
 - No 30-second touch warmup.
 - Order of competition is a random draw by athlete & team
 - 4-judge panels.
 - Levels 9 & 10 State Teams, top 9 AA by State, Individual awards given.
 - Level 8 State Team session winners based on point system. (See awards for details)

Level 6 & 7

- Level 6 & 7's must qualify or petition in the AA or as an IES.
 - Same format as Level 9 & 10
 - Timed warm up – 1.5 minutes each followed by competition on Side A.
 - Order of competition is a random draw by gymnast & team.
 - 4-judge panel for Level 6-7
 - No team awards

Xcel

- Xcel Region 4 Championship is usually held the weekend after Dev Region 4 Championships unless there is a conflict and then it would be moved to the next weekend.
 - Silver and Gold Xcel divisions must qualify or petition in the AA. Platinum, Diamond, and Sapphire Xcel divisions may qualify as an AA or an IES.
 - Number of simultaneous gyms based on number of athletes.
 - Modified Non-Traditional – 2 sets of equipment (one floor) – A & B, (judges move back and forth).
 - Timed warm up followed by competition on Side A.
 - Side B begins to warm up when Side A begins competition.
 - No 30-second touch warmup.
 - Order of competition is a random draw by athlete & team.
 - 2-judge panels.
 - No State Team, Super Team or Club Team competition are held.

Qualification Scores from State Meet

	AA	IES*		AA	IES*
Level 10	34.00	8.50	Xcel Sapphire	33.50	8.50
Level 9	34.00	8.50	Xcel Diamond	33.50	8.50
Level 8	34.00	9.00	Xcel Platinum	34.00	9.00
Level 7	34.00	9.00	Xcel Gold	35.00	No IES starting 2025
Level 6	34.00	9.00	Xcel Silver	35.50	No IES starting 2024

State Meet Results

- State results (.csv file) must be emailed to RDPCC within 24 hours after the end of State Meet for all Dev meets, and to the RXCC for all Xcel Meets.
- All State and Regional Meet results must be published on myusagym.org.

Entry Fees

Level 10	\$185	Xcel Sapphire	\$125
Level 9	\$185	Xcel Diamond	\$125
Level 8	\$185	Xcel Platinum	\$125
Level 7	\$185	Xcel Gold	\$125
Level 6	\$185	Xcel Silver	\$125

4-Judge panel for level 6-10

Regional Meet Entry – USA Gymnastics Meet Reservation & Meet Maker

- Register all professional members and athletes through the **USA Gymnastics Meet Reservation System** for all Region 4 Championship Meets.-All payments for Regionals meet will be done electronically with Meet Maker or similar approved processing host.
- Register ALL athletes who may qualify to Regionals and plan to attend by March 1st. This will allow the start of the planning process for Regionals. At State Meet,

scratch athletes that have not qualified after each session. DO NOT PAY FOR THE ATHLETES UNTIL THE SUNDAY OF STATE MEET AND PAY FOR THEM ALL AT ONCE.

- Register all coaches that may attend Regionals. All coaches must be on the reservation. Failure to register by Wednesday before Regionals will result in a \$100 per coach onsite penalty.

Late Fee

- Registrations not paid for by 11:59pm on the Monday after State Meet will be charged a \$25 per athlete late fee.
- Athletes who have registered for Regionals, but failed to qualify, must be scratched by the end of the state meet. **Athletes who are not scratched by 11:59 on the Monday after state meet will be charged the entry fee.**

Refund Policy

- Refunds due to illness or injury will be awarded up to two (2) weeks prior to the start of the Regional Meet with appropriate physician note. Scratches should be done on Meet Maker and a refund request should be emailed to the following:
- Dev Emails
 - RTCC - Windee Weiss at Windee4rtc@gmail.com
 - RDCC - Paige Roth at paiger@iowagymnest.com
 - Dev Region 4 Championship Meet Director
- Xcel Email
 - RXCC – Megan Bankole at region4xcel@gmail.com
 - Xcel Region 4 Championship Meet Director

Petitions

Petition Rules

- Gymnasts' unable to compete at the State Championships or unable to compete in the All-Around (AA) at State Championships, due to injury or illness can be petitioned to Regionals. This includes AA athletes who are unable to compete on all four (4) events at State Meet, and IES (Levels 6-10) that cannot compete on their selected event(s). Please note, petitions cannot be done if the athlete has competed on all four (4) events at the State Meet.
- The athlete can directly enter the Regional Championships if the following requirements are met, and documentation is included with the petition form:

1. Score Qualifications

a. All Around (AA) Petitions for level 6-10 and Xcel Silver-Sapphire

- i. A photocopy/screenshot of at least one pre-State sanctioned meet results from the current season (at the level to which they are petitioning) showing a score at least one point (1.00) greater than the Regional qualifying score (see Qualification Score section).

OR

- ii. If the gymnast competed in the previous year's Dev Regionals and her Optional AA score was at least one point (1.00) greater than the current Regional qualifying score, they may submit their last year's Regional score as their pre-State Championships score.

- b. Individual Event Specialist (IES)**
- i. IES for Level 9 & 10 only can petition to Regionals with a photocopy of at least one pre-State sanctioned meet results from the current season (at the level to which they are petitioning) showing a score of at least 8.75 on their individual event.
OR
 - ii. If an IES for Level 9 & 10 only gymnasts competed in the previous year's Dev Regionals on their IES event with a score of 8.75 or greater, they may submit their last year's Regional score as their pre-State Championships score.
 - iii. Level 6-8 and Xcel levels cannot petition to Regionals as an IES.
- 2. Medical Qualifications**
- a. A Licensed Medical Professional's written verification of the illness or injury with date of release for returning to athletic activity.
- 3. Written request from the coach via email.**
- 4. Completed USAG Petition Form**

- Athletes not competing in State Meet should email all required petition documentation prior to State Meet. If injured at the State Meet, coaches must email an intent to petition by the Monday following State Meet. All required petition documentation must be completed and emailed by the Wednesday following State Meet.
- Dev Petitions Emails
 - RTCC - Windee Weiss at Windee4rtc@gmail.com
 - RDCC - Paige Roth at paiger@iowagymnest.com
 - Dev Region 4 Championship Meet Director
- Xcel Petitions Email
 - RXCC – Megan Bankole at region4xcel@gmail.com
 - Xcel Region 4 Championship Meet Director
- Register petitioning athletes on the USA Gymnastics Reservations System when entering your athletes. Pay for your petitioning athletes at the State Meet with the rest of the qualifying athletes. Unapproved Petitions, the entry fee will be refunded via check.

Age Divisions Regionals

Level 10

- 12 approximately equal age divisions based on birthdates as established annually by USA Gymnastics – Level 10 Regional & National Championships Chart.
- 6 Senior (A, B, C, D, E, F) and 6 Junior age divisions (A, B, C, D, E, F).

Level 9

- 16 approximately equal age divisions based on birthdates as established annually by USA Gymnastics – Level 9 Regional & Western Championships Chart.
- 8 Senior (1, 2, 3, 4, 5, 6, 7, 8) and 8 Junior age divisions (1, 2, 3, 4, 5, 6, 7, 8).

Level 6-8

- Evenly split age groups within each Level with approximately 20 athletes in an

age group, maximum of 24 athletes per group.

Xcel

- Evenly split age groups within each Division with approximately 20 athletes in an age group, maximum of 24 athletes per group.

Random Draw

- Once age groups have been determined from State Meet, a random draw is done by the RACC, RDPC or XRCC, RTCC and the Meet Director.
- **Level 8's at regionals when at all possible athletes are grouped by states in the squad, following an annual rotation for starting events.**

Level 6-10 & Xcel

- Session age groupings will be based on the number of athletes.
- Session order will be randomized by RDPC/XRCC & RTCC.
- Event rotations will be randomized by Proscore.
- Athletes will be randomized by Proscore. Athletes will then be grouped together with their club in order of randomization.
- IES in a rotation must start on one (1) of their IES events and will be manually moved (if needed).

Awards

- The RACC is responsible for purchasing and stocking Regional medals and team awards. Meet hosts purchase medals and team awards from RACC.

Dev Regional Awards

- Dev Region 4 Championships award 40% of participants.

Level 9 & 10

- The top **9 AA** scorers, regardless of age division, at the State Meet comprise each State's Level 9 and Level 10 teams.
- The top 5 scores on each event will count towards team score. At the conclusion of competition for the level, award plaques to the 1st-3rd place Level 9 & 10 teams. ○ 9 plaques need to be ordered for level 9 & 10.

Level 8

- Every Level 8 competing at Regionals is part of the State team competition.
- Each State's team score for each Level 8 session (top three (3) scores).
- The athletes on the top three (3) State teams in each Level 8 session will receive a certificate.
- The overall Level 8 team winner will be determined based on a points system
 - 1st place= 10 points, 2nd place= 7 points, 3rd place= 4 points, 4th place= 1 point.
- No Team Awards Levels 6-7

Xcel Regionals

- Xcel Regional Championships award 40% of participants.

- No Team Awards
- No Participation medals or awards.

Gate Admission Fees

- Maximum gate fee for any Regional Meet is \$30 per day.
 - Recommendation for discounted rate for children, seniors & military
- Any active USA Gymnastics Athlete Member admission is \$5.00 per day for any Regional Meet.

Coaches Info

- No complimentary coach's food will be provided at Regional Championships. Concessions will be available for purchase.

Financial Report

- Regional Meet Directors must send a Financial Report to the RACC within 45 days after Regional Competition is completed.

Region 4 Apparel

- Region 4 will only use a USA Gymnastics licensed apparel company. Region 4's apparel company is Gym Treasures.
- Region 4 seeks competitive bids for Region 4 Apparel Sponsor for a four (4) year term, spanning the Region 4 color cycle. Anyone interested in bidding for the Region 4 Apparel Sponsor should complete the Region 4 Apparel information sheet and submit the information to RDPCC. RAC will approve the final bid.
- Apparel Sponsor
 - Apparel Sponsor has exclusive right to sell Region 4 logo apparel.
 - Region 4 receives 20% of profit.
 - Vendor receives a booth at all Region 4 events.

Apparel Requirements

- Provides apparel for coaches', athletes', judges' at Westerns and Nationals.
- Online store from which Region 4 receives 20% profits.
- Must include but not limited to products as per USAG
- Attendance at Region 4 Dev Level 6-10 Championships and Xcel Regionals
 - Intent to be present at other Region 4 events including Region 4 Congress
- Athletes who qualify for Westerns or Dev Nationals receive apparel provided by Region 4.
- Level 10 All-star qualifiers receive the Level 9 Western qualifiers apparel package, except the additional training day tank leotard.
- Coaches of those qualified athletes to Westerns/Nationals need to purchase the required apparel for each day of competition. Coaches may be outfitted for free in accordance with participation requirements regarding Region 4 Training Camps.
 - Note- Coaches apparel must not be altered before being worn at the competition.
- Regional judges assigned to Westerns and Dev Nationals receive Regional apparel.
- All judges at Level 6-10 Regionals receive one (1) Regional Apparel Item, paid for by Region 4.

- Sizing and orders for apparel are done onsite at Level 9-10 Regionals.

Level 9 & 10 Western & Nationals Qualifiers

Qualification to Westerns

- Top seven (7) Level 9 All Around in each of the 16 age groups qualify to Westerns and compete as the Region 4 Jr/Sr Teams.
 - Minimum 34.00 AA required
 - Team members are outfitted with a leotard and warm-up by the National sponsor in addition to Region 4 apparel.

Qualification to Dev Nationals

- Top seven (7) Level 10 All Around in each of the 12 age groups qualify to Dev Nationals and compete as Region 4 Jr/Sr Teams.
 - Minimum 35.00 AA required
 - Team members and 1st alternate are outfitted with a leotard and warm-up by the National sponsor in addition to Region 4 apparel. 2nd alternate may purchase leo, warm-up and/or Region 4 apparel.
- Level 10 All Stars
 - Athletes not qualifying to Level 10 Nationals in their age division can qualify to the All Star Session
 - No age divisions are considered in determining these qualifiers
 - After the completion of all Level 10 sessions the Region 4 All Star qualifiers will be announced:
 - The athletes with the top two (2) All Around scores (minimum 35.0) who did not qualify in their age division qualify to compete All Around (these athletes can also be alternates for DEV Nationals)
 - Athletes with the top five (5) Vault scores (minimum 9.3) who did not qualify in their age division qualify to compete Vault
 - Athletes with the top five (5) Bars scores (minimum 9.3) who did not qualify in their age division qualify to compete Bars
 - Athletes with the top five (5) Beam scores (minimum 9.3) who did not qualify in their age division qualify to compete Beam
 - Athletes with the top five (5) Floor scores (minimum 9.3) who did not qualify in their age division qualify to compete Floor.
 - All Star Qualifiers will be outfitted in a leotard and warm up by the National Sponsor apparel, in addition to the Region 4 apparel.

Coaches Apparel Westerns/Nationals

- Coaches who will coach at Westerns or DEV Nationals must be fitted for Region 4 coaching apparel
 - Only unaltered Region 4 apparel and black, grey, or khaki/beige/tan athletic pants can be worn while coaching at Westerns and Nationals
 - Additional apparel, including 2 different Region 4 jackets and a hoodie will be available for purchase
- Clubs that participated in the 2024 Region 4 Training Camps earned free apparel based on this formula:
 - 1-5 athletes at training camp = 1 coach outfitted for free

- 6-10 athletes at training camp = 2 coaches outfitted for free
- 11-15 athletes at training camp = 3 coaches outfitted for free
- 16+ athletes at training camp = 4 coaches outfitted for free
- Serve as a Master Clinician (Invite Only) = 2 coaches outfitted for free
- Serve as Support Staff (Invite Only) = 1 coach outfitted for free
- Coaches who do not qualify for free apparel must purchase their apparel by the end of the Level 9 competition Sunday morning.
- Coaches are not allowed on the floor at Westerns or Nationals without the approved Region 4 apparel.
- **Westerns entry fee \$225**
- **Nationals entry fee \$225**

Regional Judges

- Regional judges are contracted through the Region 4 NAWGJ Judging Director.
- Assignment of level, event, etc. is at the discretion of the RTCC & RAC.
- All Regional meets are required to have a Regional Technical Director (RTD) paid by the meet host. The RTD will be compensated in accordance with applicable judging fees. The RTD will be approved by the Regional Administrative Committee.
- An on-site alternate judge, rated Level 10 or higher, is designated for Level 9 & 10 and Xcel Regionals; and will be compensated in accordance with applicable judging fees; may be used as an assistant to the RTD unless needed to actively judge.
- Volunteer judges, if available, will be used in the following positions:
 - Beam routine and fall timer
 - Scribe on events in the following order: Vault, Beam, Floor, Bars
 - Line judge on floor
 - Timers on other events as needed

Regional Judges

- **For judges to be eligible to judge at Dev regional championships at Level 6,7,8 they must have judged a state meet at that level within the current or previous quad. In order to be eligible to judge level 9 or 10 a judge must have judged level 9 and 10 optional states a total of 2 years in the current or previous quad**

Assigning Judges to Regionals

- Each SACC receives a copy of the CPE forms and the Judge's Resume submitted by judges (due by May 15th) in their respective State. SACC's then rank order judges based on resumes, experience, contributions, and rating for preferred judges to be assigned to the Regional meets. The SAC makes recommendations to the RAC for selection of judges to Regional Championships.
- Region 4 judges' assignment criteria and resumes, including attendance at a Regional Training Camp every three (3) years, is to guide State committees when recommending officials for Regional and National meets. SACCs should use specific criteria in selecting judging panels for State Meets.

- Each SACC must submit a rank order list of judges for Regional assignment due to RTCC by June 1st.
- Based on recommendations from the SACC's for each respective State, the RTCC creates a list of judges to be assigned to Development Program Regionals and for Xcel Regionals. This list is then distributed at the June Region IV Administrative Committee meeting, discussed, and then approved.

Region 4 Training Camps

Basic Camp Info

- Clinicians will be brought in from within and outside Region 4, including NCAA coaches.
- All coaches must have a current USA Gymnastics professional number, background check, and Safe Sport Certification.
- Unless working as a clinician, coaches rotate with their athletes to each event.
- Coaches are expected to work within the plan established at each event by the master clinician and must be willing to aid the clinician in the implementation of the plan while at the event.
- Judges will provide critiques of the athletes.
- An expectation letter will be sent out to athletes and coaches prior to the camp. Athletes will be expected to come to camp prepared.
- A typical schedule includes:
 - Friday 30-minute rotations
 - 6 rotations on Saturday, 60 minute/rotation (Vault, Bars, Beam, Floor, Dance, Judging/Outside Experts).
 - 6 rotations on Sunday, 45 minutes/rotation (Vault, Bars, Beam, Floor, Dance).
- The goal of the training camps is to provide opportunities for learning for coaches, athletes, and judges, to develop relationships within the Region, raise the level of gymnastics, and provide opportunities for comradery between the gymnasts.

2024 Camps:

- **R4 Developmental Camp**
 - Open to Level athletes with Level 5-7 Experience
 - 120 Athletes @ \$225
 - 6 Clinicians (National Level Devo/Dev 9-10 Level)
- **R4 Training Camp:**
 - Open to Level athletes with Level 8-10 Experience
 - 90 Athletes @ \$250
 - 6 Clinicians (NCAA/Elite/Dev 9/10 Level)
- **High Performance Camp (HP Camp):**
 - Open to Level 10 Dev National Qualifiers, top 10 Western Qualifiers
 - 72 Athletes @ \$250
 - 6 Clinicians (NCAA Level)
- **Xcel Camp:**
 - Open to Xcel athletes with Xcel Platinum and higher experience
 - 120 Athletes @ \$225
 - 6 Clinicians

Entry Fee

- \$225 / athlete (coaches are FREE with athletes)
- \$100 / observing coach (coach with no athletes)
- \$50 / observing judge (CPE Clinic credit)

Interested In Hosting Camp?

- Bids are due June 1st. Please complete the form bid form and email it to Region 4 RDPCC, Paige Roth at paiger@iowagymnest.com.
- [Training Camp Bid Form](#)
- Host Facilities must provide:
 - Full Access to the facility from 4:00 PM Friday through 1:00 PM Sunday
 - Loose foam pits for Vault, Floor, and Bars (shared pits okay, but not ideal)
 - Ability to host 90 athletes plus many coaches and observing coaches/judges
 - Secondary area for Dance
 - Additional area with AV for classroom sessions
 - Trampolines and Tumble Trak
 - Multiple Vault Areas with additional areas for drills and side stations
 - Combination of low and high beams (minimum 8-12 beams)
 - Bar area to include floor bars, channel, and multiple sets
- Host Facility must help facilitate:
 - Athletes check in
 - Host hotel(s)
 - Transportation for clinicians
 - Area for clinicians meeting
 - Catering (paid for by the Region) for clinician's meals
- Camp hosts will be compensated \$2500 gym rental fee
- Please contact Region 4 RDPCC, Paige Roth at paiger@iowagymnest.com with questions